

CITY OF LINCOLN

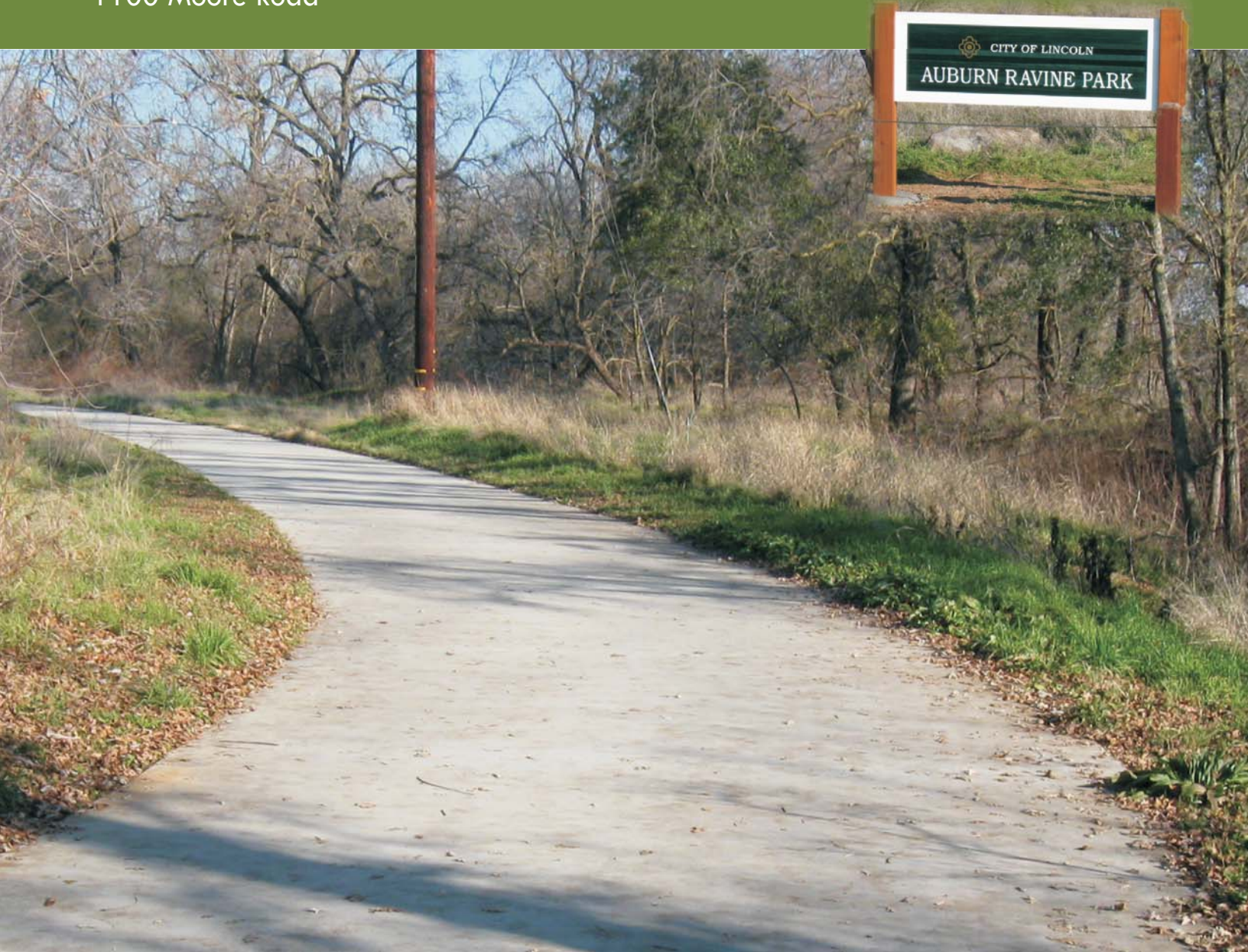
RECREATION GUIDE

SPRING/SUMMER 2015



Nature Walks @ Auburn Ravine Park

1100 Moore Road



Join the Wildlife Heritage Foundation on a nature walk on the Auburn Ravine trails. Staff will discuss the riparian habitat, aquatic and terrestrial wildlife, the status of salmon and steelhead, and more!
Please meet at the Moore Road entrance of Auburn Ravine Park (off Joiner Parkway).

May 29, 6pm | July 11, 9am | August 7, 6pm | September 11, 6pm

To register or for more information, contact the Wildlife Heritage Foundation at (916) 434-2759 or lhoover@wildlifeheritage.org

WELCOME



CITY OF LINCOLN COMMUNITY CENTER

2010 First Street
Lincoln, CA 95648

(916) 434-3220

Mon-Fri, 8am-5pm
www.lincolnrec.net

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lincolnparksrec



Lincoln Recreation

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AQUATICS

McBean Pool • 61 McBean Park Drive • (916) 434-3230

Swim Lessons

Lessons are Tuesday-Friday, 45 minutes each lesson.

Fee: \$55/\$60NR

	Spring Session 5/19-5/29	Session 1 6/9-6/19	Session 2 6/23-7/3	Session 3 7/7-7/17	Session 4 7/21-7/31	Session 5 8/4-8/14	Session 6 8/18-8/28
10-10:45am		P/P • AQ1.009	Level 1 • AQ1.029	P/P • AQ1.049	Level 1 • AQ1.069	Level 1 • AQ1.089	
		Level 1 • AQ1.010	Level 2 • AQ1.030	Level 1 • AQ1.050	Level 2 • AQ1.070	Level 1 • AQ1.090	
		Level 2 • AQ1.011	Level 3 • AQ1.031	Level 2 • AQ1.051	Level 3 • AQ1.071	Level 2 • AQ1.091	
		Level 4 • AQ1.012	Level 4 • AQ1.032	Level 4 • AQ1.052	Level 4 • AQ1.072	Level 3 • AQ1.092	
11-11:45am		P/T • AQ1.013	Level 1 • AQ1.033	P/T • AQ1.053	Level 1 • AQ1.073	P/P • AQ1.093	
		Level 1 • AQ1.014	Level 1 • AQ1.034	Level 1 • AQ1.054	Level 2 • AQ1.074	Level 1 • AQ1.094	
		Level 2 • AQ1.015	Level 2 • AQ1.035	Level 2 • AQ1.055	Level 3 • AQ1.075	Level 2 • AQ1.095	
		Level 3 • AQ1.016	Level 3 • AQ1.036	Level 3 • AQ1.056	Diving • AQ1.076	Level 4 • AQ1.096	
12-12:45pm		Level 1 • AQ1.017	P/P • AQ1.037	Level 1 • AQ1.057	P/P • AQ1.077	Level 1 • AQ1.097	
		Level 1 • AQ1.018	Level 1 • AQ1.038	Level 2 • AQ1.058	Level 1 • AQ1.078	Level 2 • AQ1.098	
		Level 2 • AQ1.019	Level 2 • AQ1.039	Level 3 • AQ1.059	Level 2 • AQ1.079	Level 3 • AQ1.099	
		Level 3 • AQ1.020	Diving • AQ1.040	Level 5 • AQ1.060	Level 4 • AQ1.080	Level 4 • AQ1.100	
5:30-6:15pm	P/P • AQ1.001	Level 1 • AQ1.021	P/T • AQ1.041	Level 1 • AQ1.061	Level 1 • AQ1.081	Level 1 • AQ1.101	Level 1 • AQ1.109
	Level 1 • AQ1.002	Level 2 • AQ1.022	Level 1 • AQ1.042	Level 2 • AQ1.062	Level 1 • AQ1.082	Level 2 • AQ1.102	Level 2 • AQ1.110
	Level 2 • AQ1.003	Level 3 • AQ1.023	Level 2 • AQ1.043	Level 3 • AQ1.063	Level 2 • AQ1.083	Level 3 • AQ1.103	Level 3 • AQ1.111
	Level 3 • AQ1.004	Level 4 • AQ1.024	Level 4 • AQ1.044	Level 4 • AQ1.064	Level 3 • AQ1.084	Level 4 • AQ1.104	Level 4 • AQ1.112
6:30-7:15pm	Level 1 • AQ1.005	P/P • AQ1.025	Level 1 • AQ1.045	P/P • AQ1.065	P/P • AQ1.085	P/P • AQ1.105	P/P • AQ1.113
	Level 2 • AQ1.006	Level 1 • AQ1.026	Level 1 • AQ1.046	Level 1 • AQ1.066	Level 1 • AQ1.086	Level 1 • AQ1.106	Level 1 • AQ1.114
	Level 3 • AQ1.007	Level 2 • AQ1.027	Level 2 • AQ1.047	Level 2 • AQ1.067	Level 2 • AQ1.087	Level 2 • AQ1.107	Level 2 • AQ1.115
	Level 4 • AQ1.008	Level 4 • AQ1.028	Level 3 • AQ1.048	Level 4 • AQ1.068	Level 4 • AQ1.088	Diving • AQ1.108	Level 3 • AQ1.116

Please review the Refund Policy on page 19.

Parent/Toddler(P/T): 6-24 months

Parent participation required. To develop, in young children, a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water.

Parent/Preschool(P/P): 2-5 years old

Parent participation required. To develop, in young children, a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water. Some objectives are exhale underwater (blow bubbles), and demonstrate a readiness to float with support.

Level 1: Introduction to Water Skills

To orient participants to the aquatic environment and teach children elementary skills that can be built on as they progress through The Learn to Swim program. Some objectives are to fully submerge head and retrieve underwater objects and to perform back float and front float.

Level 2: Fundamental Aquatic Skills

To build on the fundamentals learned in Level I such as aquatic locomotion, safety, and rescue skills, and to perform combined stroke on front and back.

Level 3: Stroke Development

Learning objectives for this class are to coordinate the components of the front and back crawl, retrieve objects unsupported with eyes open, rotary breathing in a horizontal position, and learn the basic rules of diving.

Level 4: Stroke Improvement

To develop confidence and competency in the aquatic skills presented so far in the Learn to Swim program. Some learning objectives are diving from the side of the pool, building endurance by swimming elementary backstroke, breaststroke, butterfly, front and back crawl.

Level 5: Stroke Refinement

To coordinate and refine the keystrokes presented thus far in The Learn to Swim program and to introduce flip turns while swimming on front and back, and tuck and pike surface dives.

Level 6: Swimming and Skill Proficiency

To prepare participants for more advanced courses, such as Water Safety Instructor course, or other aquatic activities, such as competitive swimming or diving.

Diving

A class that builds on the skills already learned. Teaching starts with beginning diving skills and will progress at the rate of the student's ability. Must have Level IV skills.

Private Swim Lessons

For 1 participant, \$120

Semi-Private Swim Lessons

For 2-3 participants, \$180

Private and Semi-Private Lessons are available during the regular session dates from 1-1:30pm and 5-5:30pm. Contact McBean Pool at 434-3230 for registration and scheduling.

Recreation Swim

6/8-8/14 • Mon-Fri • 2-5pm
6/13-9/5 • Sat • 2-5pm

Family Swim Night

6/8-8/31 • Mon • 5:30-7:30pm

July 4th & Labor Day Hours- 12-5pm

General Admission

0-3 years Free
4-17 \$3
Adult \$5

Tiny Tot Playtime

Tiny Tot Playtime is designed for children 6 and younger with their parents and/or guardians. Playtime is a great way to cool off in the summer and to introduce your child to the water.

Age: 6 & under

6/8-8/31 • Mon • 10-11:30am

Regular admission fees apply. Summer Swim Passes may be used in lieu of drop-in fee.

2015 Fitness PASS

Passes are good for Water Fitness and Lap Swim!

\$50 10 visit punch card
\$95 20 visit punch card

Water Fitness

This class is a combination of shallow and deep water aerobics.

Age: 15+

5/4-9/11 • Mon/Wed/Fri • 7:30-8:15pm

Lap Swim

Come swim and exercise at your own pace!

Age: 15+

5/5-9/10 • Tues/Thurs • 7:30-8:15pm

2015 Summer Aquatic PASS

Good for entrance to afternoon Recreation Swim, evening Family Swim, and Tiny Tot Playtime.

Family Pass

\$120 (up to four people)
\$20 per additional family member

Individual Pass

\$50 Ages 4-17
\$75 Ages 18+

Basic Water Rescue

This Basic Water Rescue course provides individuals with the information and skills necessary to prevent, recognize and respond to aquatic emergencies. This course also prepares individuals for aquatic emergencies by teaching them how to protect themselves while assisting others. The Basic Water Rescue course does not provide participants with all the information and skills needed to be certified as a lifeguard.

Age: 16+

AQ1.203 • 6/20 • Sat • 8am-12pm
\$45/\$50NR • McBean Pool

Lincoln Lightning Swim Team

The Lincoln Lightning Swim Team is a non-traveling, intramural program. Placement on the team is based on space availability and skill level as determined during the tryout/evaluation. Team practices will be held at McBean Pool between 7:30-10am on Tuesdays, Wednesdays, and Thursdays. Specific practice schedule will be determined once participants are assigned to a team. Three meets will be held during the summer on June 27, July 18, and August 8 from 8:30am-1pm. Participants must attend one of the mandatory tryout/evaluation times if he/she was not on the Lincoln Lightning during the 2014 season. Teams will be posted online at www.lincolnrec.net, at the Community Center, and at McBean Pool by June 8. If participant is placed on the team, payment and registration will be made at the first practice. If participant was on the Lincoln Lightning during the 2014 season, attending the tryout/evaluation is not necessary. **Pre-Registration would be required for returning participants before end of day on 5/30.**

Age: 6-18

AQ1.125 • 6/17-8/9 • \$130/\$140NR

Mandatory Tryouts/Evaluations

Please pick one tryout/evaluation time to attend. You may arrive any time during the noted time below.

5/27, 5/28 • 3:30-5pm
5/30 • 9am-2pm

Birthday Parties @ McBean Pool

Have a stress free birthday party- leave the planning to us!

The Recreation Department is now offering all-inclusive birthday parties at McBean Pool. Parties are held during Open Swim at the pool, Mondays-Saturdays 2-5pm.

Party Package includes:

Use of McBean Pool facility during designated swimming hours for up to 3 hours, reserved tables for 1 hour, cake, punch, party invitations, paper products, and a party host.

Fees:

\$150 for 1-8 children

\$240 for 9-16 children

\$4 for each additional child

Options:

Pizza, \$20 per 8 guests

Private Pool Parties

Have your own private party where you and your group can have the pool all to yourself! The McBean Pool is available to rent for your special occasion. Rentals include exclusive use of the pool, deck, and picnic area and are staffed with lifeguards. Private parties are available on Saturdays or Sundays. *Contact the Community Center at (916) 434-3227 or McBean Pool at (916) 434-3230 to schedule a private party.*

Fees:

\$100 per hour

\$50 per hour for additional lifeguards

(if party is more than 40 people)

Lightning Bugs Swim Team

The Lightning Bugs is a beginner program for our Lincoln Lightning Swim Team. Placement on the team is based on space availability and skill level as determined during the tryout/evaluation. Participants will need to know the freestyle and back crawl for this program. If participants do not get placed on the Lincoln Lightning Swim Team, they will have the option of participating in the Lightning Bugs if they meet the skill requirements. Team practices will be held at McBean Pool between 8-10am on Mondays and Fridays. Specific practice schedule will be determined once participants are assigned to a team. Three meets will be held during the summer on June 27, July 18, and August 8 from 8:30am-1pm. Participants must attend one of the mandatory tryout/evaluation times if he/she was not on the Lightning Bugs during the 2014 season or if participant wants to advance to the Lincoln Lightning program. Teams will be posted online at www.lincolnrec.net, at the Community Center, and at McBean Pool by June 8. If participant is placed on the team, payment and registration will be made at the first practice. **Pre-Registration would be required for returning participants before end of day on 5/30.**

Age: 4-16

AQ1.126 • 6/16-8/9 • \$90/\$100NR

Important Dates

Returning participant registration deadline: 5/30
Complete teams posted: 6/8



Ages: 5-11

Come discover Camp Lincoln! Meet new friends, enjoy action packed games, dynamic arts and crafts projects, yummy cooking projects, sports, science projects, and awesome field trips. *Must register for the whole week.*

Mon-Fri • 9-3:30pm

Fee: \$125 each week

Location: McBean Pavilion



Week 1 - Under the Big Top

6/15-6/19 PG1.100

Wed/Fri: McBean Pool

Thurs: Wacky Tacky

Week 2 - Sports Mania

6/22-6/26 PG1.101

Wed/Fri: McBean Pool

Thurs: Skyzone

Week 3 - Into the Wild

6/29-7/2 PG1.102

Wed: McBean Pool

Thurs: Lasercraze

Week 4 - Blast from the Past

7/6-7/10 PG1.103

Wed/Fri: McBean Pool

Thurs: John's Incredible Pizza

Week 5 - Summer Splash

7/13-7/17 PG1.104

Wed/Fri: McBean Pool

Thurs: Skatetown

Week 6 - Astro Adventure

7/20-7/24 PG1.105

Wed/Fri: McBean Pool

Thurs: The Discovery Museum

Week 7 - Superhero

7/27-7/31 PG1.106

Wed/Fri: McBean Pool

Thurs: BounceU

Week 8 - Camp Cool Down

8/3-8/7 PG1.107

Wed/Fri: McBean Pool

Thurs: Strikes

Week 9 - Best Week Ever

8/10-8/14 PG1.108

Wed/Fri: McBean Pool

Thurs: Funderland



Extend the Fun

Let the fun continue! We are offering extended care this summer if your child needs camp beyond the 9am-3:30pm Camp Lincoln hours. Your child will be supervised by our Camp Lincoln staff while our fun, themed activities continue.

Super Starter

7:30-9am \$20 per week

Fun Finale

3:30-5:30pm \$25 per week

Week	Theme	Date	Super Starter Code	Fun Finale Code
1	Under the Big Top	6/15-6/20	PG1.109	PG1.118
2	Sports Mania	6/22-6/26	PG1.110	PG1.119
3	Into the Wild	6/29-7/2	PG1.111	PG1.120
4	Blast from the Past	7/6-7/10	PG1.112	PG1.121
5	Summer Splash	7/13-7/17	PG1.113	PG1.122
6	Astro Adventure	7/20-7/24	PG1.114	PG1.123
7	Superhero	7/27-7/31	PG1.115	PG1.124
8	Camp Cool Down	8/3-8/7	PG1.116	PG1.125
9	Best Week Ever	8/10-8/14	PG1.117	PG1.126



Mine, Craft, Build using LEGO®

Bring Minecraft to life using LEGO! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp combines the basic format of our core engineering-themed programs with projects based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

Age: 7-12
PG1.128 • 8/3-8/7 • Mon-Fri • 1-4pm
\$153 • Lincoln Crossing Elem Library

Pre Engineering using LEGO®

Let your imagination run wild with thousands of pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of a Play-Well instructor.

Age: 5-6
PG1.127 • 8/3-8/7 • Mon-Fri • 9am-12pm
\$153 • Lincoln Crossing Elem Library

Challenger Sports British Soccer Camp

Challenger Sports British Soccer Camp is the most popular soccer camp working with over 150,000 children each year. Our experienced professional British staff study the game at all levels. We will teach key techniques and skills to help your player reach their true potential. With programs for ages 3-10, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini World Cup tournament play. Want to host a British coach for the week of camp? Contact Jamie at jkent@challengersports.com & get an \$80 rebate! Players also learn about our core values of respect, responsibility, integrity, sportsmanship and leadership. Each child gets a FREE Soccer ball, T-shirt, Evaluation and soccer poster! All equipment will be provided by the instructor. Child should bring water, sunscreen and a snack if they wish.

Age: 3-6
AC1.020 • 7/6-7/10 • Mon-Fri • 9-10:30am
\$125/\$130NR • Pete Singer Park

Age: 7-10
AC1.021 • 7/6-7/10 • Mon-Fri • 9am-12pm
\$175/\$180NR • Pete Singer Park

Gymnastics Camp

This three day camp is crammed with fun-filled and themed based games, tumbling, music and crafts.

Mon-Wed • 8/10-8/12 • \$45/\$50NR

Age: 4-5
AC1.140 • 9-11:30am

Age: 6-9
AC1.141 • 1-3:30pm

Active Tots Sports Camp

Drop your kids off for hours of fun in this exciting sports camp! Your child will develop a love of sports with fun drills and games in basketball, t-ball and soccer. Relay races, obstacle courses, crafts and other age appropriate games will also be incorporated. Pack a healthy snack/lunch, lots of water and have your child wear closed toed shoes. Both boys and girls are welcome!

Age: 4-8
AC1.054 • 7/20-7/24 • Mon-Fri • 9am-12pm
\$90/\$95NR • Twelve Bridges Elem

Tennis Camp

Learn grips, technique, positioning and stroke development in this camp designed for tennis players of all skill levels. Interactive games will be used to teach and practice skills with emphasis on fun, good sportsmanship and providing campers with skills to improve both their singles and doubles play.

Youth 1
Age: 8-12
AC1.063 • 7/27-7/30 • Mon-Thurs • 8-9:30am
\$90/\$95NR • LHS Tennis Courts

Youth 2
Age: 10-15
AC1.064 • 7/27-7/30 • Mon-Thurs • 9:30-11am
\$90/\$95NR • LHS Tennis Courts

Youth Volunteer Program

Get involved, make a difference in the community...become a Youth Volunteer!

Age: 14+

Volunteers are needed for our summer Camp Lincoln program as well as at McBean Pool.

Camp Lincoln- Our Camp Lincoln program is a 9-week program, June 15-August 14, Monday-Friday. Volunteers will be asked to volunteer between the hours of 9am-3:30pm.

McBean Pool- Volunteers are needed to assist Water Safety Instructors during swim lessons. Swim lesson sessions are listed in the Recreation Guide.

Volunteers must submit an application and will need to attend an Volunteer training/orientation in early June. For more information about the Youth Volunteer Program, please contact Kristine Pelzman at 434-3227 or kpelzman@ci.lincoln.ca.us.

Applications are due by June 2, 2015.

LINCOLN YOUTH SPORTS CAMPS

www.lincolnyouthsports.com

Lincoln Youth Basketball Skills Camp

Players will learn and practice key fundamental and advanced skills including footwork, rebounding, defense and offensive position specific skills while incorporating this training into competitions and scrimmages. This is a great camp for all players looking to have fun, get better, and take your game to the next level.
Registration Deadline: 7/26

7/27-7/31 • Mon-Fri • \$70 • Community Center

Grades: 3rd-5th
10am-12pm

Grades: 6th-8th
1-3pm

Lincoln Youth Volleyball Summer Skills Camp

Come participate in this week-long youth volleyball camp to learn and polish those skills and get some extra practice as we will focus on strengthening individual skill sets and incorporating them into game situations all while having tons of fun.
Registration Deadline: 7/19

7/20-7/24 • Mon-Fri • \$70 • Community Center

Grades: 3rd-5th
10am-12pm

Grades: 6th-8th
1-3pm

Lincoln Youth Flag Football Boot Camp

Our Lincoln Youth Football season is rapidly approaching, so here is your chance to dust off your cleats and get some training in before the first practice! Get a great workout with this week-long, 2 hour skills camp that will cover everything you will need to work on for the upcoming season.
Registration Deadline: 8/2

Grades: 3rd-8th
8/3-8/7 • Mon-Fri • 9-11am
\$70 • Foskett Regional Park

DANCE

Come experience Anti-Gravity's approach to building self-confidence and giving students of all ages the solid foundation they need to become fearless dancers and individuals.

\$10 sibling and multi class discounts available.

Mommy & Me (Baby) Ballet

This class will incorporate parents and children participating together in their first dance training experience. It will include creative pre-school exercises, songs, dance routines, and dance related games.

Age: 1.5-3

Mon • 9:30-10am

AC1.148 • 5/4-5/18 • \$30/\$35NR • Civic Auditorium

AC1.149 • 6/1-6/29 • \$50/\$55NR • Civic Auditorium

AC1.150 • 7/6-7/27 • \$40/\$45NR • Civic Auditorium

AC1.151 • 8/3-8/31 • \$50/\$55NR • Civic Auditorium

Itty Bitty Hip Hop

A high-energy class that uses the latest sounds in rap, R&B, and pop music together. It features original movements and steps that have their base in jazz/funk. Techniques are taught through learning choreography that is appropriate for each level of class.

Age: 3-5

Thurs • 9:30-10am

AC1.188 • 5/7-5/28 • \$40/\$45NR • Community Center

AC1.189 • 6/4-6/25 • \$40/\$45NR • Community Center

AC1.190 • 7/2-7/30 • \$50/\$55NR • Community Center

AC1.191 • 8/6-8/27 • \$40/\$45NR • Community Center

Pre-Ballet

Children will be introduced to basic technique while developing coordination, self-discipline, and skills in the studio that will project into everyday life. Focus will be on technique, dance vocabulary, music appreciation, awareness of self, and classroom etiquette.

Age: 3-5

Mon • 10-10:45am • Civic Auditorium

AC1.152 • 5/4-5/18 • \$37.50/\$42.50NR

AC1.153 • 6/1-6/29 • \$62.50/\$67.50NR

AC1.154 • 7/6-7/27 • \$50/\$55NR

AC1.155 • 8/3-8/31 • \$62.50/\$67.50NR

Thurs • 10-10:45am • Community Center

AC1.192 • 5/7-5/28 • \$50/\$55NR

AC1.193 • 6/4-6/25 • \$50/\$55NR

AC1.194 • 7/2-7/30 • \$62.50/\$67.50NR

AC1.195 • 8/6-8/27 • \$50/\$55NR

Pre-Ballet & Tap

Children will learn and continue to develop the beginning techniques of ballet and tap dancing. They will also be working on improving their coordination, posture, balance, and etiquette in this class.

Age: 3-5

Mon • 4-5pm • Civic Auditorium

AC1.156 • 5/4-5/18 • \$45/\$50NR

AC1.157 • 6/1-6/29 • \$75/\$80NR

AC1.158 • 7/6-7/27 • \$60/\$65NR

AC1.159 • 8/3-8/31 • \$75/\$80NR

Age: 5-7

Mon • 5-6pm • Civic Auditorium

AC1.160 • 5/4-5/18 • \$45/\$50NR

AC1.161 • 6/1-6/29 • \$75/\$80NR

AC1.162 • 7/6-7/27 • \$60/\$65NR

AC1.163 • 8/3-8/31 • \$75/\$80NR

Ballet 1

Instructors follow the Cecchetti Classical Ballet Method as well as open ballet classes that encompass a wide variety of traditional styles. Your instructor will create a syllabus that helps to build a strong foundation while encouraging creativity and artistry.

Age: 6-9

Wed • 4-5pm

AC1.176 • 5/6-5/27 • \$60/\$65NR • Civic Auditorium

AC1.177 • 6/3-6/24 • \$60/\$65NR • Civic Auditorium

AC1.178 • 7/1-7/29 • \$75/\$80NR • Civic Auditorium

AC1.179 • 8/5-8/26 • \$60/\$65NR • Civic Auditorium

Beginning Hip Hop

A high-energy class that uses the latest sounds in rap, R&B, and pop music together. It features original movements and steps that have their base in jazz/funk. Techniques are taught through learning choreography that is appropriate for each level of class.

Age: 7-17

Thurs • 6-7pm

AC1.204 • 5/7-5/28 • \$60/\$65NR • Civic Auditorium

AC1.205 • 6/4-6/25 • \$60/\$65NR • Civic Auditorium

AC1.206 • 7/2-7/30 • \$75/\$80NR • Civic Auditorium

AC1.207 • 8/6-8/27 • \$60/\$65NR • Civic Auditorium

Beginning Jazz

Jazz classes explore body isolations of the head, shoulders, rib cage, feet, and arms and encourage individual expression. Jazz can be powerful and percussive or expressive and lyrical. Jazz dance is taught with the music of today together with the classical jazz of an earlier time.

Age: 7-15

Thurs • 4-5pm

AC1.196 • 5/7-5/28 • \$60/\$65NR • Civic Auditorium

AC1.197 • 6/4-6/25 • \$60/\$65NR • Civic Auditorium

AC1.198 • 7/2-7/30 • \$75/\$80NR • Civic Auditorium

AC1.199 • 8/6-8/27 • \$60/\$65NR • Civic Auditorium

Intermediate Tap

Tap can be used to enhance rhythmic dynamics, speed, and agility. Traditional and contemporary tap styles are taught with a focus on body movement, technicality and performance quality. Dancers study basic to advanced tap terminology, technique, rhythm, coordination, and style.

Age: 10+

Thurs • 5-6pm

AC1.200 • 5/7-5/28 • \$60/\$65NR • Civic Auditorium

AC1.201 • 6/4-6/25 • \$60/\$65NR • Civic Auditorium

AC1.202 • 7/2-7/30 • \$75/\$80NR • Civic Auditorium

AC1.203 • 8/6-8/27 • \$60/\$65NR • Civic Auditorium

Lyrical 1

Lyrical is a hybrid of ballet, jazz, lyrical, and modern dance styles. It is a ballet-based technique that allows a greater range of movement. This class focuses on centering yourself and strengthening the body. It is also a great way to increase flexibility, improving balance, work on placement, body alignment, fluidity, and emotion.

Age: 7-12

Mon • 6-7pm

AC1.164 • 5/4-5/18 • \$45/\$50NR • Civic Auditorium

AC1.165 • 6/1-6/29 • \$75/\$80NR • Civic Auditorium

AC1.166 • 7/6-7/27 • \$60/\$65NR • Civic Auditorium

AC1.167 • 8/3-8/31 • \$75/\$80NR • Civic Auditorium

Lyrical 2

Lyrical is a hybrid of ballet, jazz, lyrical, and modern dance styles. It is a ballet-based technique that allows a greater range of movement. This class focuses on centering yourself and strengthening the body. It is also a great way to increase flexibility, improving balance, work on placement, body alignment, fluidity, and emotion.

Age: 10+

Wed • 6:30-8pm

AC1.184 • 5/6-5/27 • \$80/\$85NR • Civic Auditorium

AC1.185 • 6/3-6/24 • \$80/\$85NR • Civic Auditorium

AC1.186 • 7/1-7/29 • \$100/\$105NR • Civic Auditorium

AC1.187 • 8/5-8/26 • \$80/\$85NR • Civic Auditorium

Intermediate Ballet

Instructors follow the Cecchetti Classical Ballet Method as well as open ballet classes that encompass a wide variety of traditional styles. Your instructor will create a syllabus that helps to build a strong foundation while encouraging creativity and artistry.

Age: 10+

Tues • 4:30-5:30pm

AC1.168 • 5/5-5/26 • \$60/\$65NR • Civic Auditorium

AC1.169 • 6/2-6/30 • \$75/\$80NR • Civic Auditorium

AC1.170 • 7/7-7/28 • \$60/\$65NR • Civic Auditorium

AC1.171 • 8/4-8/25 • \$60/\$65NR • Civic Auditorium

Advanced Ballet

Instructors follow the Cecchetti Classical Ballet Method as well as open ballet classes that encompass a wide variety of traditional styles. Your instructor will create a syllabus that helps to build a strong foundation while encouraging creativity and artistry.

Age: 10+

Wed • 5-6:30pm

AC1.180 • 5/6-5/27 • \$80/\$85NR • Civic Auditorium

AC1.181 • 6/3-6/24 • \$80/\$85NR • Civic Auditorium

AC1.182 • 7/1-7/29 • \$100/\$105NR • Civic Auditorium

AC1.183 • 8/5-8/26 • \$80/\$85NR • Civic Auditorium

What to wear

Ballet:

Girls- Pink leather ballet slippers. Capezio Ballet Pink tights.

Black Leotard. No shorts, skirts, tutus, or jewelry allowed. Hair must be in a bun or pulled away from the face.

Boys- Black jazz pants or shorts. White t-shirt. White or black leather ballet slippers.

Tap:

Girls- Black tap shoes. Capezio light suntan tights. Black leotard. No shorts, skirts, tutus, or jewelry allowed. Hair must be in a bun or pulled away from the face.

Boys- Black jazz pants or shorts. White t-shirt. Black lace-up tap shoes.

Hip Hop:

Comfortable clothes and tennis shoes

These classes are for children ages 18 months to 10 years of age. Instructor Angie Floyd creates a fun program for girls and boys that teaches basic gymnastics skills in a positive learning environment. Each class includes activities that are geared toward improving gross motor skills, hand-eye coordination, and developing self-esteem in children. Sibling and family discounts are available.
Location: Community Center
No class 5/25, 7/4, 9/5, 9/7.

Little Dippers

Parents assist their children in a wide range of fun activities designed to benefit toddlers physically, mentally, and socially.
Age: 1.5-3

Mon • 10-10:45am
AC1.065 • 5/18-6/15 • \$34/\$39NR
AC1.066 • 6/29-8/3 • \$51/\$56NR
AC1.067 • 8/17-9/21 • \$42.50/\$47.50NR

Tues • 9-10am
AC1.068 • 5/19-6/16 • \$42.50/\$47.50NR
AC1.069 • 6/30-8/4 • \$51/\$56NR
AC1.070 • 8/18-9/22 • \$51/\$56NR

Tues • 5:15-6pm
AC1.071 • 5/19-6/16 • \$42.50/\$47.50NR
AC1.072 • 6/30-8/4 • \$51/\$56NR
AC1.131 • 8/18-9/22 • \$51/\$56NR

Wed • 10-10:45am
AC1.073 • 5/20-6/17 • \$42.50/\$47.50NR
AC1.074 • 7/1-8/5 • \$51/\$56NR
AC1.075 • 8/19-9/23 • \$51/\$56NR

Fri • 9-9:45am
AC1.076 • 5/22-6/19 • \$42.50/\$47.50NR
AC1.077 • 7/3-8/7 • \$51/\$56NR
AC1.078 • 8/21-9/25 • \$51/\$56NR

Sat • 9:30-10:15am
AC1.079 • 5/23-6/20 • \$42.50/\$47.50NR
AC1.080 • 7/11-8/8 • \$42.50/\$47.50NR
AC1.081 • 8/22-9/26 • \$42.50/\$47.50NR

Galaxies

This transitional class focuses on learning fundamental gymnastics skills and developing strength and flexibility.
Age: 5-6

Mon • 12-12:45pm
AC1.208 • 5/18-6/15 • \$34/\$39NR
AC1.209 • 6/29-8/3 • \$51/\$56NR
AC1.210 • 8/17-9/21 • \$42.50/\$47.50NR

Thurs • 3:30-4:15pm
AC1.118 • 5/21-6/18 • \$42.50/\$47.50NR
AC1.119 • 7/2-8/6 • \$51/\$56NR
AC1.120 • 8/20-9/24 • \$51/\$56NR

Fri • 3:30-4:15pm
AC1.121 • 5/22-6/19 • \$42.50/\$47.50NR
AC1.122 • 7/3-8/7 • \$51/\$56NR
AC1.123 • 8/21-9/25 • \$51/\$56NR

Intermediate Gymnastics 1

Allows children to take skills learned in Beginning Gymnastics to a more challenging level. **Participation requires instructor approval.**
Age: 5-7

Tues • 4-5pm
AC1.130 • 5/19-6/16 • \$47.50/\$52.50NR
AC1.132 • 6/30-8/4 • \$57/\$62NR
AC1.133 • 8/18-9/22 • \$57/\$62NR

Big Dippers

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.
Age: 3

Mon • 11-11:45am
AC1.082 • 5/18-6/15 • \$34/\$39NR
AC1.083 • 6/29-8/3 • \$51/\$56NR
AC1.084 • 8/17-9/21 • \$42.50/\$47.50NR

Tues • 10-10:45am
AC1.085 • 5/19-6/16 • \$42.50/\$47.50NR
AC1.086 • 6/30-8/4 • \$51/\$56NR
AC1.087 • 8/18-9/22 • \$51/\$56NR

Wed • 9-9:45am
AC1.088 • 5/20-6/17 • \$42.50/\$47.50NR
AC1.089 • 7/1-8/5 • \$51/\$56NR
AC1.090 • 8/19-9/23 • \$51/\$56NR

Shooting Stars

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.
Age: 4-5

Mon • 9-9:45am
AC1.100 • 5/18-6/15 • \$34/\$39NR
AC1.101 • 6/29-8/3 • \$51/\$56NR
AC1.102 • 8/17-9/21 • \$42.50/\$47.50NR

Tues • 11-11:45am
AC1.103 • 5/19-6/16 • \$42.50/\$47.50NR
AC1.104 • 6/30-8/4 • \$51/\$56NR
AC1.105 • 8/18-9/22 • \$51/\$56NR

Tues • 3:15-4pm
AC1.106 • 5/19-6/16 • \$42.50/\$47.50NR
AC1.107 • 6/30-8/4 • \$51/\$56NR
AC1.108 • 8/18-9/22 • \$51/\$56NR

Thurs • 5:25-6:10pm
AC1.109 • 5/21-6/18 • \$42.50/\$47.50NR
AC1.110 • 7/2-8/6 • \$51/\$56NR
AC1.111 • 8/20-9/24 • \$51/\$56NR

Fri • 10-10:45am
AC1.112 • 5/22-6/19 • \$42.50/\$47.50NR
AC1.113 • 7/3-8/7 • \$51/\$56NR
AC1.114 • 8/21-9/25 • \$51/\$56NR

Sat • 8:45-9:30am
AC1.115 • 5/23-6/20 • \$42.50/\$47.50NR
AC1.116 • 7/11-8/8 • \$42.50/\$47.50NR
AC1.117 • 8/22-9/26 • \$42.50/\$47.50NR

Intermediate Gymnastics 2

Allows children to take skills learned in Beginning Gymnastics to a more challenging level. **Participation requires instructor approval.**
Age: 7-10

Fri • 4:30-5:30pm
AC1.134 • 5/22-6/19 • \$47.50/\$52.50NR
AC1.135 • 7/3-8/7 • \$57/\$62NR
AC1.136 • 8/21-9/25 • \$57/\$62NR

Comets

These classes break down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.
Age: 3-4

Wed • 11-11:45am
AC1.091 • 5/20-6/17 • \$42.50/\$47.50NR
AC1.092 • 7/1-8/5 • \$51/\$56NR
AC1.093 • 8/19-9/23 • \$51/\$56NR

Fri • 11-11:45am
AC1.094 • 5/22-6/19 • \$42.50/\$47.50NR
AC1.095 • 7/3-8/7 • \$51/\$56NR
AC1.096 • 8/21-9/25 • \$51/\$56NR

Sat • 10:30-11:15am
AC1.097 • 5/23-6/20 • \$42.50/\$47.50NR
AC1.098 • 7/11-8/8 • \$42.50/\$47.50NR
AC1.099 • 8/22-9/26 • \$42.50/\$47.50NR

Beginning Gymnastics

Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.
Age: 6-10

Fri • 5:30-6:30pm
AC1.124 • 5/22-6/19 • \$47.50/\$52.50NR
AC1.125 • 7/3-8/7 • \$57/\$62NR
AC1.126 • 8/21-9/25 • \$57/\$62NR

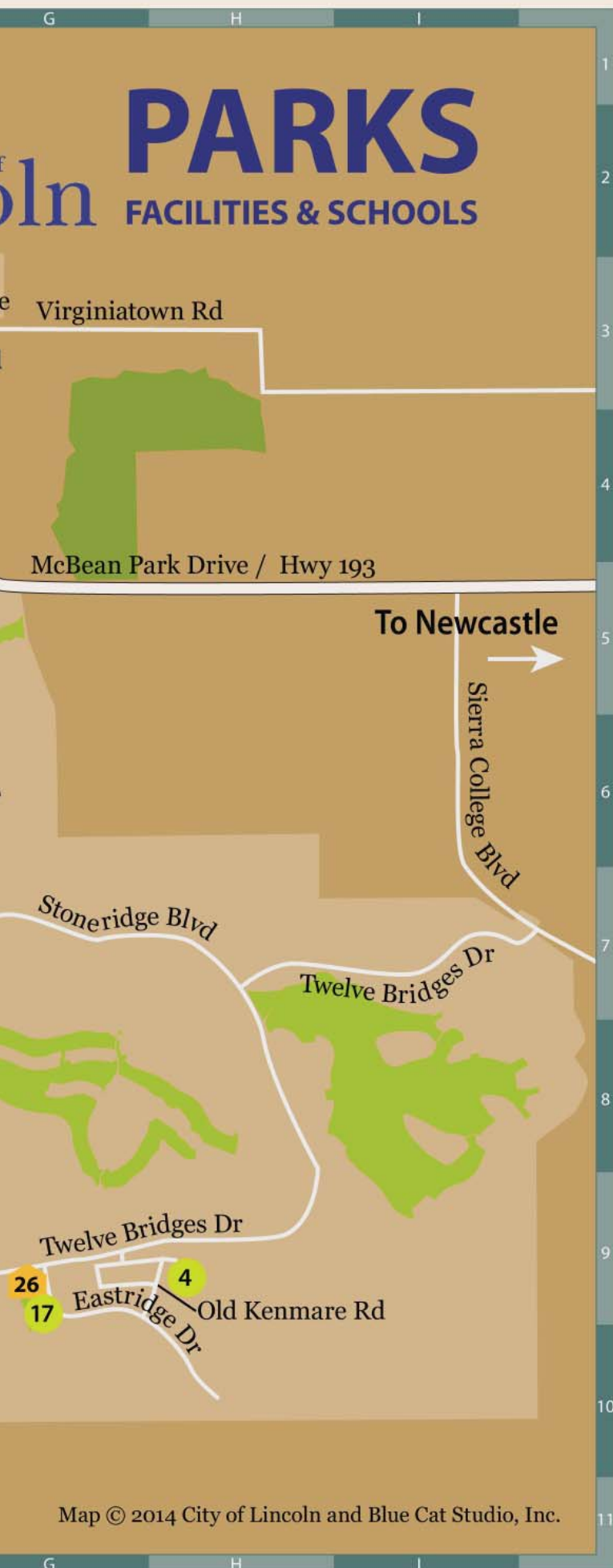
Sat • 11:30-12:30pm
AC1.127 • 5/23-6/20 • \$47.50/\$52.50NR
AC1.128 • 7/11-8/8 • \$47.50/\$52.50NR
AC1.129 • 8/22-9/26 • \$47.50/\$52.50NR

Tumbling & Strength Conditioning

This class will focus on developing strength, flexibility, and intermediate gymnastics skills with an emphasis on front and back handsprings. **Participation requires instructor approval. Required skills: handstand, forward roll, back bend, and round off.**
Age: 6-10

Thurs • 4:15-5:15pm
AC1.137 • 5/21-6/18 • \$47.50/\$52.50NR
AC1.138 • 7/2-8/6 • \$57/\$62NR
AC1.139 • 8/20-9/24 • \$57/\$62NR





PARKS

	SOFTBALL/BASEBALL	BASKETBALL	SOCCER	POOL	HORSESHOE PITS	SKATE PARK	DOG PARK	RESTROOMS	PLAYGROUND	WATER FEATURE	COVERED PICNIC	BBO	
1 Aitken Park													C6
2 Auburn Ravine Park													E5
3 Brown Park													B2
4 Coyote Pond Park													H9
5 Foskett Regional Park . . .													C2
6 Joiner Park													D4
7 Machado Park													C5
8 Markham Park													C3
9 McBean Park													E4
10 Nathan Dubin Park (future)													C7
11 Palo Verde Park													G3
12 Pete Demas Park													D7
13 Peter Singer Park													D6
14 Robert Jiminez Park (future)													D6
15 Scheiber Park													C4
16 Sheffield Park													E6
17 Twelve Bridges Park													G9
18 Wilson Park													E9

SCHOOLS

19 Carlin C. Coppin Elementary	F3
20 Creekside Oaks Elementary	C5
21 First Street Elementary	D5
22 Foskett Ranch Elementary	C2
23 Glen Edwards Middle School	D4
24 Lincoln Crossing Elementary	D6
25 Lincoln High School	E4
26 Twelve Bridges Elementary	G9
27 Twelve Bridges Middle School	E9

OTHER CITY FACILITIES

28 Beermann Plaza	E4 (inset A9)
29 City Hall / WPUUSD District Offices	E4 (inset A8)
30 Civic Auditorium	E4 (inset B9)
31 Corporation Yard	A2
32 Fire Station #33	F4 (inset C9)
33 Fire Station #34	C5
34 Fire Station #35	F9
35 Lincoln Community Center	C4
36 Lincoln Regional Airport	A2
37 McBean Park Pavilion	F4 (inset B10)
38 Police Department	E4 (inset A8)
39 Twelve Bridges Library	E9

YOUTH SPORTS

Active Tots Sports

Active Tots Sports classes offer a fun and safe environment for learning sport fundamentals. We offer exposure to team sports prior to recreational athletics and an opportunity to socialize with peers to lay the groundwork for a healthy lifestyle. Active Tots coaches have years of experience in childhood athletics and offer innovative ways for your child to get excited about sports! We strongly encourage sportsmanship, team work, and most of all motivation to have FUN! All equipment is provided, so come on out and play!

Classes do require some parent participation.

No class 3/31, 4/2.

Active Tots offers a \$10 sibling discount when 2 or more siblings register in an Active Tots program during the same session.

Sports Development

Ages: 3-4

Come join this nationally accredited program that focuses on teaching the mechanics necessary to be successful in any sport. Watch your child's confidence grow as they learn through progressively harder drills and games to throw catch, dribble, pass, kick, and bat.

AC1.053 • 8/6-8/27 • \$40/\$45NR

Thurs • 5:45-6:15pm • Lincoln Crossing Elem

All Sport

Ages: 4.5-6

Come let your little athlete experience a taste of different sports to see which one they like. Soccer, T-ball, and Basketball will all be covered. Basic skills and some scrimmage games will be played. Our focus is on fun, fun, and more fun!

AC1.046 • 4/30-5/28 • \$50/\$55NR

Tues • 6-6:45pm • Lincoln Crossing Elem

AC1.047 • 6/9-7/14 • \$60/\$65NR

Tues • 5:15-6pm • Twelve Bridges Elem

Tator Tot T-Ball

Ages: 2.5-3.5

This class is designed for those little tots to come on out and play while learning the "basic" fundamentals of the sport such as throwing, chomping and hitting. This class goes at a much slower pace than regular T-Ball. Parent participation is required. All equipment is provided.

AC1.043 • 5/5-5/26 • \$40/\$45NR

Tues • 5:15-5:45pm • Twelve Bridges Park

AC1.049 • 6/11-7/2 • \$40/\$45NR

Thurs • 4:30-5pm • Pete Singer Park

AC1.051 • 8/4-8/25 • \$40/\$45NR

Tues • 5:15-5:45pm • Twelve Bridges Park

T-Ball

Ages: 3.5-5

Come out to the field and have fun learning the basics of T-Ball: hitting, catching, throwing and running the bases. Fun drills and scrimmages will be played. We have all the equipment, so come on out and play.

AC1.044 • 4/28-5/26 • \$50/\$55NR

Tues • 6-6:45pm • Twelve Bridges Park

AC1.045 • 4/30-5/28 • \$50/\$55NR

Thurs • 5-5:45pm • Pete Singer Park

AC1.050 • 6/11-7/16 • \$60/\$65NR

Thurs • 5:15-6pm • Pete Singer Park

AC1.052 • 8/4-9/8 • \$60/\$65NR

Tues • 6-6:45pm • Twelve Bridges Park

Advanced T-Ball

Ages: 5.5-6.5

Come out to the field and have fun. This class is for those that are a bit older and are already familiar with the game of T-ball; hitting, catching, running the bases. Fun drills and scrimmages will be played. We have all the equipment, so come on out and play.

AC1.048 • 6/9-7/14 • \$60/\$65NR

Tues • 6:15-7pm • Twelve Bridges Park

Just 4 Kicks

Day: Wed

Location: Foskett Regional Park

Instructor: Adam White & Just 4 Kicks Staff

Pre-K Soccer

Ages: 3.5-4

Pre-K Soccer is a chance to explore all the fun skills you can learn with a soccer ball. Also, that dreaded "bunch ball" play at this age will be worked on, with development and learning of group dynamics. Skills such as dribbling, stopping, passing, and social skills are all learned in this fun atmosphere that *Just 4 Kicks* provides.

AC1.010 • 7/1-8/19 • 6-6:30pm • \$75/\$80NR

K Soccer

Ages: 4-5

With the expectation of having fun, your child will learn to love soccer. Skills will be introduced and built upon, as well as working on the team concept of soccer. Recreation games guide the learning through play and all those skills and drills worked upon will begin to make the game and strategies of soccer really come together for your Kindergartners.

AC1.011 • 7/1-8/19 • 6:30-7:05pm • \$75/\$80NR

Soccer K-1

Ages: 5-6

Let the games begin...With learning, growing, good sportsmanship and having fun as the goal, players will learn and practice their skills by utilizing a practice method of game play and scrimmages.

AC1.012 • 7/1-8/19 • 7:05-7:50pm • \$80/\$85NR

Soccer 2-6

Ages: 7-12

Emphasis now is on putting it all together, even the team. All teaching is conducted through play and fun activities. Participants will also learn how and why things are done as the team works through scrimmages and game situations. Individual and team skills are of equal importance at this level. Expectations of each position in a small-sided game format are explained and developed for a truly exceptional soccer experience.

AC1.013 • 7/1-8/19 • 5-6pm • \$85/\$90NR

Just 4 Kicks Class Status Hotline

(916) 359-6681

Please call the hotline if the weather is inclement to find the status of the classes. Classes may be cancelled if it is raining, has been raining, or the heat is above 100 degrees.

What to wear:

Shin guards and athletic apparel appropriate for the current weather conditions. It is best to dress in layers and remove extra clothing after warming up. No jeans or street shorts.



Hoop Improvement for Kids

This youth basketball program will provide your young player the opportunity to learn about basketball in a fun and positive environment. Each day will feature easy to learn instruction along with enjoyable games and contests that will enhance their development and love of the game. Coach Rick Bauer is the Director of Good Sport U and the girl's basketball coach at Silverado Middle School in Roseville. All players receive a Good Sport U shirt. Some parental play is requested in this program. Hustle over to www.GoodSportU.com for more information.

No class 5/25.

Day: Mon
Fee: \$50/\$55NR
Location: Twelve Bridges Elem

Ages: 4-6
AC1.142 • 5/11-6/8 • 5:30-6:25pm
AC1.144 • 7/13-8/3 • 5:30-6:25pm
AC1.146 • 8/10-8/31 • 5:30-6:25pm

Ages: 7-9
AC1.143 • 5/11-6/8 • 6:30-7:25pm
AC1.145 • 7/13-8/3 • 6:30-7:25pm
AC1.147 • 8/10-8/31 • 6:30-7:25pm

Tennis

Location: LHS Tennis Courts
Instructor: Brian Rust

Pee Wee

Development of eye/hand coordination, racquet control, and basic hitting skills in a fun-filled environment.

AC1.014 • 5/2-5/30 • Sat • 11-11:45am • \$65/\$70NR
AC1.055 • 6/15-7/1 • Mon/Wed • 11-11:45am • \$85/\$90NR
AC1.059 • 7/6-7/22 • Mon/Wed • 11-11:45am • \$85/\$90NR

Junior Tennis 1

Demonstration of grips, technique, positioning and stroke development. Interactive games will be played with emphasis on fun and good sportsmanship. A racquet may be provided to first time students who don't have one.

AC1.015 • 5/2-5/30 • Sat • 9-10am • \$70/\$75NR
AC1.056 • 6/15-7/1 • Mon/Wed • 9-10am • \$90/\$95NR
AC1.060 • 7/6-7/22 • Mon/Wed • 9-10am • \$90/\$95NR

Junior Tennis 2

For students who have successfully completed Tennis 1. Skills learned in Tennis 1 will be practiced and improved upon. Additional points of emphasis include net play, doubles play & fun. Students must bring their own racquet.

AC1.016 • 5/2-5/30 • Sat • 10-11am • \$70/\$75NR
AC1.057 • 6/15-7/1 • Mon/Wed • 10-11am • \$90/\$95NR
AC1.061 • 7/6-7/22 • Mon/Wed • 10-11am • \$90/\$95NR

Kuk Sool Won

Location: Community Center
Instructor: John Santilena

Turtle Tots

Ages: 3.5-5
Fee: \$60/\$65NR
Introduce your child to the high energy environment of Martial Arts in this class for boys and girls. Turtle Tots is designed to help improve a child's balance, flexibility, coordination, self-confidence, respect and self-discipline.

Turtle Tots 1
AC1.022 • 5/12-6/16 • Tues • 6:30-7pm
AC1.023 • 7/7-8/11 • Tues • 6:30-7pm
AC1.024 • 8/18-9/22 • Tues • 6:30-7pm

Turtle Tots 2
AC1.025 • 5/14-6/18 • Thurs • 6:30-7pm
AC1.026 • 7/9-8/13 • Thurs • 6:30-7pm
AC1.027 • 8/20-9/24 • Thurs • 6:30-7pm

Dragons

Ages: 5-6
Fee: \$72/\$77NR
Beyond Turtle Tots but not ready for the Junior Martial Arts Program, Dragons is for children 5-6 years of age who have attended several Tots sessions but still may not be ready for Juniors. Dragons is designed for fun and to help improve your child's balance, flexibility, coordination, self-confidence, respect, and self-discipline. Sessions will also stress following instructions and working with others in a team setting. Uniforms are optional.

AC1.028 • 5/13-6/17 • Wed • 5:15-6pm
AC1.029 • 7/8-8/12 • Wed • 5:15-6pm
AC1.030 • 8/19-9/23 • Wed • 5:15-6pm

Juniors 1 & 2

Ages: 6-12
Fee: \$90/\$95NR
Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.

Junior 1
AC1.031 • 5/11-6/17 • Mon/Wed • 6-7pm
AC1.032 • 7/6-8/12 • Mon/Wed • 6-7pm
AC1.033 • 8/17-9/21 • Mon/Wed • 6-7pm

Junior 2
AC1.034 • 5/12-6/18 • Tues/Thurs • 7-8pm
AC1.035 • 7/7-8/13 • Tues/Thurs • 7-8pm
AC1.036 • 8/18-9/24 • Tues/Thurs • 7-8pm

Advanced Black Belt

Ages: 10+
Fee: \$90/\$95NR

AC1.037 • 5/11-6/15 • Mon • 5-6pm
AC1.038 • 7/6-8/10 • Mon • 5-6pm
AC1.039 • 8/17-9/21 • Mon • 5-6pm

Material Fee: Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt).
Turtle Tots – N/A, Dragons - \$80 (optional), Juniors - \$80, Adults - \$100
Family Discounts: 1-full price, 2-full price, 3-half price, 4 & on-FREE



Beginner Ice Hockey

Come learn the exciting and rapidly growing sport of Ice Hockey! This 4-week introductory class is designed to teach basic hockey skills and get kids hooked on hockey. Includes free hockey jersey, use of skates, helmet and stick and one 75 minute class each week. Makeup classes are not available.
Please arrive by 4:30pm.
Ages: 6-12

AC1.006 • 5/10-5/31
AC1.007 • 6/7-6/28
AC1.008 • 7/5-7/26
AC1.009 • 8/2-8/23
Sun • 5:15-6:30pm • \$58
Location: Skatetown, 1009 Orlando Ave, Roseville

Beginner Ice Skating

If you are a beginner ice skater, this is the class for you. Learn forward and backward skating, swizzles, one foot glides, a two foot spin and more. Includes 4 free skate rental passes. Makeup classes are not available.
Age: 6-12

AC1.002 • 5/27-6/17
AC1.003 • 6/24-7/15
AC1.004 • 7/29-8/19
AC1.005 • 8/26-9/16
Wed • 5:45-6:15pm • \$50
Location: Skatetown, 1009 Orlando Ave, Roseville



YOUTH SPORTS LEAGUES

www.LincolnYouthSports.com



Lincoln Youth Flag Football League- Fall 2015

Lincoln Recreation is excited for another season of Lincoln Youth Flag Football for all boys and girls in the 1st - 8th grades. Lincoln Youth Flag Football is a non-contact, 5 on 5 league with practices twice a week and games scheduled on Saturday afternoons and early evenings so that you soccer players can participate too!
Grades: 1st-8th

Registration Deadlines & Fees

Early: 3/30-6/28- \$95

Regular: 6/29-8/16- \$105

Late: 8/17-8/21- \$115

\$10 sibling discount

Important Dates:

8/22- Player Orientation Day

9/12- First Day of League Play

Lincoln Youth Sports & Conditioning

Want to stay active and in shape during the Summer while you wait for your next upcoming sport? Come out and join us for a fast paced 6 week youth sports and conditioning program! Athletes will work on all levels of speed, quickness and agility training as we strive to improve on footwork, reaction time, change of direction, hand-eye coordination and much more. We'll also keep it fun with competitive games and activities! Don't sit on the couch, get in the game!

Registration Deadline: 7/8

Grades: 5th-8th

7/9-8/13 • Thurs • 5:30-7pm

\$70 • Twelve Bridges Elem

Adult Sports Leagues

www.LincolnRecSports.com

Volleyball

@ Community Center

Start Date: Monday, July 13

Registration Deadlines & Team Fees

Early – May 10 (\$300)

Regular – June 21 (\$325)

Late – June 29 (\$350)

Flag Football

in partnership w/ City of Rocklin

Start Date: Monday, June 8

Registration Deadline: June 1

Team Fee: \$500

Softball

@ Foscett Regional Park

Start Dates

Co-Ed: Tuesday, June 9

Men's: Thursday, June 11

Registration Deadlines & Team Fees

Early – April 26 (\$450)

Regular – May 24 (\$475)

Late – June 1 (\$500)

Basketball

in partnership w/ City of Rocklin

Start Date: Wednesday, July 15

Registration Deadline: June 29

Team Fee: \$500

Fitness Junkies Bootcamp

Lost in the Gym? No Gym membership?

No Motivation? No Support System?

No Worries! Join Fitness Junkies Bootcamp!

Lead by Figure Competitor and I.S.S.A. Certified

Fitness Trainer and busy #NOEXCUSES MOM

Trim and tone an amazing physique with your own body weight. Fitness Junkies Bootcamp is designed to improve endurance, speed, strength, and flexibility using functional movements with a strong focus on core development. All levels of fitness are welcome. You don't have to be fit to be a Fitness Junkie- you just have to want more out of life and ready to take on your fitness journey. Accountability and consistency are keys to success. When you become a Fitness Junkie you become apart of a support system to your fellow Fitness Junkies. You will receive clean eating guidance and support! Progress will be tracked with measurements, fitness, and body fat testing.

Age: 18+

Tues/Wed/Fri • 6-7am

PG1.133 • 5/5-5/29 • \$40/\$45NR • Community Ctr

PG1.134 • 6/2-6/26 • \$40/\$45NR • Community Ctr

PG1.135 • 6/30-7/31 • \$40/\$45NR • Community Ctr

Please bring water, towel, mat, and good attitude.

Visit

www.lincolnrecsports.com

for information. League fees **must** be paid in full by the late registration deadline date.

Team registration can be processed online at

www.lincolnrecsports.com

or at the **Community Center**,

2010 First Street.

New to Lincoln or just can't put a whole team together? Join our Free Agent program. We accept individual registration on an on-going basis for all of our adult sports leagues and form teams when there is enough interest to do so. If there are not enough free agents to form a team, the Free Agent List with your name and contact information will be distributed to all team captains prior to the start of the season. Free agent registration is only taken online at

www.lincolnrecsports.com

Kuk Sool Won

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. In this adult program you will develop strength, quickness, balance, timing, flexibility, and coordination while improving your concentration, self-discipline and self-control. If you feel you are up for the challenges developed by the Korean Masters, here is your opportunity.

Adult Class

Age: 13+

AC2.040 • 5/11-6/17

AC2.041 • 7/6-8/12

AC2.042 • 8/17-9/23

Mon/Wed • 7-8pm • \$90/\$95NR • Community Center

Instructor: John Santilena



Advanced Black Belt

Age: 10+

AC1.037 • 5/11-6/15

AC1.038 • 7/6-8/10

AC1.039 • 8/17-9/21

Mon • 5-6pm • \$90/\$95NR • Community Center

Instructor: John Santilena

Material Fee: Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt).
Turtle Tots – N/A, Dragons - \$80 (optional), Juniors - \$80, Adults - \$100

Family Discounts: 1-full price, 2-full price, 3-half price, 4 & on-FREE

Dog Training

This class covers basic obedience, problem solving, and socialization skills. Dogs must be 4 months or older. Children under 13 years old must be accompanied by an adult. All dogs must be current with vaccinations. Proper equipment will be available for purchase at class.

Wed • 7-8pm • McBean Park

PG1.129 • 5/6-6/3 • \$99/\$104NR

PG1.130 • 6/10-7/8 • \$99/\$104NR

PG1.131 • 7/15-8/12 • \$99/\$104NR

PG1.132 • 8/19-9/16 • \$99/\$104NR

Beginning Pilates/Yoga

A beginning Pilates/Yoga class for those who wish to master the basics!

Age: 40+

Location: Civic Auditorium

Tues • 5:30-6:30pm

AC2.172 • 5/5-5/26 • \$60/\$65NR

AC2.173 • 6/2-6/30 • \$75/\$80NR

AC2.174 • 7/7-7/28 • \$60/\$65NR

AC2.175 • 8/4-8/25 • \$60/\$65NR

Tennis

Age: 16+

Location: LHS Tennis Courts

Sat • 8-9am

AC2.017 • 5/2-5/30 • \$75/\$80NR

AC2.058 • 6/15-7/1 • \$90/\$95NR

AC2.062 • 7/6-7/22 • \$90/\$95NR

FACILITY RENTALS



BEERMANN PLAZA

640 5th Street

Beerman Plaza is an outdoor location on 5th Street and F Street. The Plaza has a beautiful fountain and makes a great setting for a small event.



MCBEAN PARK GAZEBO

65 McBean Park Drive

Located in McBean Park, the Gazebo is perfect for a small outdoor gathering.



MCBEAN PAVILION BBQ AREA

65 McBean Park Drive

Located next to McBean Pavilion, the BBQ Area features a wooden shade structure great for an outdoor event. Tables and chairs are available for use and a full kitchen is available for rent as well.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



MCBEAN PAVILION

65 McBean Park Drive

Ideal for wedding receptions, parties and special events, this 6,700 square foot facility has a large reception hall, full kitchen, small stage, bar area and ample parking. The reception hall is large enough to comfortably seat approximately 400 guests.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



CIVIC AUDITORIUM

511 Fifth Street

This beautifully renovated 2,500 square foot building is perfect for receptions and performances. The building features a large stage area, kitchen space, and inviting foyer. The reception hall is large enough to comfortably seat approximately 200 guests.

All rental fees include chairs.



TWELVE BRIDGES LIBRARY

485 Twelve Bridges Drive

The Lincoln Public Library @ Twelve Bridges has a variety of rooms and facilities for rent.

Check out www.libraryatlincoln.org for Library Forms and room use information. For further details, contact Renae Hart at (916) 434-2410 or (916) 434-2409.

Please visit online at www.lincolnrec.net to view pricing or contact (916) 434-3220 for pricing and reservations.

TWELVE BRIDGES LIBRARY

485 Twelve Bridges Drive
(916) 434-2410

For current hours, programs, fundraisers, and happenings check the Library's website or Facebook page.

www.libraryatlincoln.org

www.facebook.com/libraryatlincoln

library@ci.lincoln.ca.us

Mother Goose on the Loose

This fast-paced, fun activity for young children, their parents, or caregivers includes activities that help your little one to learn and grow. We play instruments, sing songs, repeat nursery rhymes, march, clap, listen to stories, and do lots of fun movements. Adults must accompany children at all times. Limited to first 100 participants.

Age: 0-4 years • 5/7-8/27- except 5/14, 7/2

Thurs • 10:30-11am OR 11:30am-12pm

Twelve Bridges Library- Homework Center

Family Storytime

Families are invited for a fun half hour of stories.

Age: All ages welcome

5/6-8/26 • **Wed** • 3:30-4pm

Twelve Bridges Library- Kid's Area

Pokémon Club

Pokémon players are encouraged to come and test your skills against others.

Age: School age children welcome

5/6, 5/20 • **Wed** • 3:30-5pm

Twelve Bridges Library- Fir Room

Homework Help for Students

Students needing help or just a quiet place to study can use the Homework Center. This program is run by volunteers who can assist students.

Age: School age children welcome

5/5-6/3 • **Tues/Wed** • 3-5pm

Twelve Bridges Library- Homework Center

Open on Fridays

June 12-August 21

1-5pm

Thank you to the Friends of the Lincoln Library for making this extra day possible! The library will be closed on 7/3.

Lend A Heart - Lend A Hand Animal Assisted Therapy Dogs

www.lendaheart.org

LAH therapy dogs and handlers are coming to the Library! Studies have shown that children who are reluctant readers often find success reading to an animal. Sign up on the day of the event to read to a dog.

Age: readers 3-17 years of age

5/16, 6/20, 7/18, 8/15 • **Sat** • 3-4pm

Twelve Bridges Library- Homework Center

JobNow!

JobNow!, Job & Career Accelerator and the data base Testing and Education Reference Center are available to library patrons with a current library card. These services are available 24 hours a day and 7 days a week. Unlike simple editing services for resumes, or static databases for jobseekers, the JobNow! Suite provides on-demand access to live, expert coaches for every stage of a patron's job search.

Live job coaches are available 1-10pm 7 days a week at www.libraryatlincoln.org

You'll need the number on the back of your library card to access this service outside of the library!

Friends of the Lincoln Library

The Friends of the Lincoln Library invite you to join them in helping out the Twelve Bridges Library. The Friends support various programs including Read for the Record, Summer Reading Program, Mother Goose On The Loose (MGOL), Read Across America, Homework Center, Family Movie Night, and many others. To fund these programs the Friends hold quarterly book sales and manage a daily on-going book sale inside the library. Your membership helps also to keep the Library open and programs running. Thanks!

Regular Meetings- 2nd Tuesday of each month 2-4pm

At Twelve Bridges Library- Fir Room

Book Sale

Hundreds of fiction, non-fiction, bestsellers, paperbacks, and children's books will be available for purchase. Prices start at \$.25 and all proceeds go to the Friends of the Lincoln Library sponsored programs.

6/13 • **Sat** • 12-4pm

Twelve Bridges Library- Willow Room & Lobby

Poetry Open Mic

The Friends of the Lincoln Public Library invite members of the community to share their love of poetry while enjoying refreshments. Contact Sue Clark at 916.434.9226. *For all ages.*

5/17, 6/14, 7/12, 8/9 • **Sun** • 3-5pm

Twelve Bridges Library- Willow Room

Family Movie Night

FREE- Sponsored by Friends of the Lincoln Library & Lincoln Host Lions Club

Join us for FREE family friendly movies- check Library website for exact titles! Bring your pillows and treats, or purchase popcorn, snacks, and soda from the Friends. Doors open at 5:30pm, movie starts at 6pm.

Concessions available for purchase. All ages welcome.

5/16, 6/20, 7/18, 8/15 • **Sat** • 6pm

Twelve Bridges Library- Willow Room

Limited to first 100 participants

Read to the Rhythm Summer Reading Program 2015

Join us this summer for a musical adventure while we READ TO THE RHYTHM!!

It's so easy!

Age: 0-17

Kick Off Party Open House

Win prizes, enjoy snacks, and have fun! Stop by the library to pick up a reading log, make a craft, play an instrument, learn a new dance, get your photo taken with Giggle & Riot Funbooths Photoboosts and start the summer off right!

Age: 0-17

6/6 • **Sat** • 1:30-3:30pm

Twelve Bridges Library- Kid's Area & Homework Center



Crafts

Make your own music makers to take home, learn new songs and dances, and earn rewards too!

Age: 0-17

6/10, 6/17, 6/24, 7/1, 7/8 • **Wed** • 1:30-3pm

Twelve Bridges Library- Homework Center

To participate in the Summer Reading program:

Pick up your reading log at the library between 6/6-7/11
Record the title of the book and author in your log
For pre-readers, parents please record what you read to your child

Bring your log into the library to collect your reading reward

First day to collect rewards will be June 13

Each reader is eligible for a maximum of 5 rewards

Last day to collect reading rewards is August 15

ONLINE.

You can register online at www.lincolnrec.net.
Register for youth sport leagues at www.LincolnYouthSports.com.
Register for adult sport leagues at www.LincolnRecSports.com.
Register 24 hours a day, 7 days a week.

WALK-IN.

You can register in our office at **2010 First Street**.

PHONE.

Give us a call at **(916) 434-3220**.



Register Online Now!

Office Closures

The Community Center will be closed on the following date:

July 3

Office Hours • May 26-September 4

8am-12pm, 1-5pm (closed from 12-1pm)

Park & Recreation Committee Members

Roger Ueltzen- Chair
Richard Moore- Vice Chair
Jim Datzman
Alex Floyd
Daniel Gilliam
Paul Harrison
James Haufler
Robert Miller
Tim Monelo

Committee Meetings

The public is invited and encouraged to attend the regular quarterly meetings. Meetings are held on the first Tuesday of March, June, September, and December at 6pm at the City Hall, 600 Sixth Street, First Floor Meeting Room.

Scholarships

Scholarships are available for low income families. In order to obtain a scholarship, an application and income verification must be submitted. Approval of the scholarship may take up to 2 weeks. Please contact the Community Center at (916) 434-3220 for more information.

The City of Lincoln staff reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City's web page. All photos will remain the property of the City of Lincoln.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, please be aware that programs, dates, prices, or descriptions may change periodically. In the event of a program change, every effort will be made to notify registrants in a timely manner.

General Information

Payments can be made using credit card, check or cash.

- Program prices, dates and times are subject to change.
- Class fees will not be prorated for any reason.
- Registration is on a first-come, first-serve basis.
- The City has established non-resident fees for recreation programs. A non-resident is a person who lives outside of the Western Placer Unified School District.

Refund Policy

Community Classes/Camps/Aquatics

- The City of Lincoln reserves the right to cancel, combine or divide classes; change time, date or place of classes; instructor; or make other changes necessary.
- **Failure to attend a class or "no shows" will not be granted a refund.** Refunds are only eligible if received a minimum of seventy-two (72) hours prior to the first class, unless otherwise noted. If a request is turned in less than seventy-two (72) hours, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing, and can be submitted via fax, walk-in, mail, or email. Please email refund requests to agregory@ci.lincoln.ca.us
- If the City of Lincoln cancels a program due to low enrollment, a full refund will be issued.
- If you are not satisfied with any of our programs, please contact the program supervisor.
- The online "convenience fee" will not be refunded.

Adult Sports Leagues

- Requests for refund must be received within 24 hours from the close of registration, unless otherwise noted. If a request is submitted after 24 hours, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to dbrown@ci.lincoln.ca.us.
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$20 processing fee.

Youth Sports Leagues

- Requests for refund must be received within 7 days from the close of registration, unless otherwise noted. If a request is submitted after 7 days, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to dfriese@ci.lincoln.ca.us.
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$10 processing fee.

Refund Request Forms are available online at www.lincolnrec.net

City of Lincoln Recreation is an approved vendor for the following schools:

Horizon Charter Schools
Visions in Education
South Sutter Charter School

City of Lincoln
Community Center
2010 First Street
Lincoln, CA 95648

Summer Camp & Activities FAIR

**FREE
Event!**



Saturday, May 9th • 10am-2pm

Community Center • 2010 First Street

Worried about what to do this summer? Come to our Summer Camp & Activities Fair and discover all there is to do in and around Lincoln! Participate in fun games, enjoy hands on activities, meet the instructors, and much more!



Presented by the City of Lincoln, Placer Playtime Publications, and Parents' Resource Guide